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## REPORTS

OF THE

Trustees and Superintendent

OF THE

# BUTLER HOSPITAL

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Presented to the Corporation

AT ITS

## SEVENTY-EIGHTH ANNUAL MEETING

JANUARY 25th, 1922

PROVIDENCE, R. I.

**Visiting days are Tuesdays and Saturdays from 10 A. M. to 4 P. M., and all who desire to make personal inquiries of the medical officers should do so between the specified hours.**

Visitors are admitted on Sundays and holidays, or on other than visiting days only in cases of critical illness or for other sufficient reason.

The telephone number of the Hospital is 192 Angell. Inquiries concerning patients should be made between 11 A. M. and 1 P. M. Miscellaneous communications, such as inquiries about clothing and like matters, should always be by letter.

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**The Providence Press:**  
**SNOW & FARNHAM CO., PRINTERS**  
**45 Richmond Street**  
**1922**



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**Treasurer**

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Committee to Audit the Treasurer's Accounts

CHARLES T. DORRANCE

WALTER BURGES SMITH

Guthrie Hospital, 3-155-22, 9

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### Visiting Committee

1922	FEBRUARY	MESSRS. MATTESON AND COATS
	MARCH	COATS AND GAMMELL
	APRIL	GAMMELL AND HODGMAN
	MAY	HODGMAN AND SMITH
	JUNE	SMITH AND CLARK
	JULY	CLARK AND TAFT
	AUGUST	TAFT AND HAZARD
	SEPTEMBER	HAZARD AND MERRIMAN
	OCTOBER	MERRIMAN AND METCALF
	NOVEMBER	METCALF AND EVERETT
	DECEMBER	EVERETT AND GODDARD
1923	JANUARY	GODDARD AND MATTESON

## BOARD OF CONSULTATION

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**Surgeons**

**EDGAR B. SMITH, M. D.**  
**LUCIUS C. KINGMAN, M. D.**  
**NATHANIEL H. GIFFORD, M. D.**

**Physician**

**HALSEY DeWOLF, M. D.**

**Ophthalmologist**

**N. DARRELL HARVEY, M. D.**

**Gynaecologist**

**JAMES H. DAVENPORT, M. D.**

**Laryngologist**

**F. NOLTON BIGELOW, M. D.**

**Orthopaedist**

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**Neurologist**

**CHARLES A. McDONALD, M. D.**

**Roentgenologist**

**ISAAC GERBER, M. D.**

**Anæsthetist**

**ALBERT H. MILLER, M. D.**

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**Superintendent Emeritus**  
**G. ALDER BLUMER, M. D.**

**Physician-in-Chief**  
**and**  
**Superintendent**  
**ARTHUR H. RUGGLES, M. D.**

**Assistant Medical Superintendent**  
**HENRY C. HALL, M. D.**

**First Assistant Physician**  
**GEORGE K. BUTTERFIELD, M. D.**

**Assistant Physician**  
**M. LUISE DIEZ, M. D.**

**Junior Assistant Physician**  
**ARTHUR T. WYATT, M. D.**

**Pathologist**  
**CARL D. SAWYER, M. D.**

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**MISS ANNA K. McGIBBON, R. N.**

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**BERTRAM C. KEMP**

**Secretary and Librarian**  
**MISS CAROLINE M. MORTON, A. M.**

## **REPORT OF THE BOARD OF TRUSTEES OF BUTLER HOSPITAL AT ITS SEVENTY- EIGHTH ANNUAL MEETING**

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The outstanding event of the past year is the resignation of Dr. Blumer as Superintendent of the Hospital and the election of Dr. Ruggles as his successor. Dr. Blumer in his reports, rendered in the years 1920 and 1921, announced in a manner characteristically cryptic, but nevertheless quite understandable, his desire to be relieved from the duties of his office. The trustees were loath to act. They were very sure that Dr. Blumer's capacity to discharge the duties of superintendent was in no degree impaired, and while they realized that forty-two years of unremitting devotion to perhaps the most trying occupation in which any man can engage, twenty-two years of which were in the service of this institution, entitled him to lay down his burdens without remonstrance from those whom he had served faithfully, it was not for them to initiate or actively sanction any measures which should deprive the hospital of the leadership which had meant and still meant so much to it.

Their policy of inaction and silent dissent, however, was of no effect. On July 7, 1921, just twenty-two years to a day after the date of his election as superintendent, Dr. Blumer tendered his resignation, to take effect December 31, 1921. It was accepted and Dr. Arthur H. Ruggles was elected as his successor, to assume the duties of the office on January 1, 1922.

This program has been carried out and Dr. Ruggles is now the Superintendent and today presents the annual report of that officer. We are, however,

happy to say that Dr. Blumer's official relation to Butler Hospital is not to be severed altogether. He accepts the office of Superintendent Emeritus, by virtue of which his counsel and co-operation are to be at the service of the trustees and the hospital staff, and he is, until the possible contrary action of some future board of trustees, to receive an honorarium in some degree expressive of the appreciation of those charged with the administration of the hospital of the priceless service which he has given it for more than twenty-two years.

There are now in office but two trustees who were such at the time of Dr. Blumer's election. They recall distinctly the meeting at which he was chosen. After the death of Dr. Gorton, the president, Mr. William Goddard, the secretary, Mr. Charles Morris Smith, and Governor Taft were appointed a committee to recommend his successor. They canvassed the whole list of men available for the position, they obtained the advice of the best informed alienists, they visited the Utica State Hospital of which Dr. Blumer was superintendent, and they brought Dr. Blumer to Providence and pointed out to him the possibilities of usefulness offered by Butler Hospital. At the meeting of the trustees held on July 7, 1899, Mr. Goddard made the report of the committee. He described Dr. Blumer and his work and set out the qualifications which fitted him to be the head of Butler Hospital in language as felicitous and as carefully chosen as though he were delivering a Phi Beta Kappa oration, and concluded with words something to this effect: "I have met Mrs. Blumer also, gentlemen, and I can give you my most positive assurance that the fact that Mrs. Blumer is Dr. Blumer's wife is another and most potent reason why Dr. Blumer should be elected as superintendent of Butler Hospital." The report of the committee was accepted, Dr.

Blumer was elected, and no one from that day to this has questioned the justice of Mr. Goddard's pronouncement.

We do not purpose to attempt here any appreciation of Dr. Blumer. He is not dead but very much alive. Much of his work, possibly his best work, is still to be done. He will have leisure to study and to write upon professional topics, and the resources of Butler Hospital, including its research laboratory, which is sure to come, will be at his disposal. He abandons nothing except the hampering daily routine of hospital service. We shall be greatly disappointed if he does not make time to write upon other than professional topics. He has material for volumes, and nothing which we could think of could be of more interest than to read his estimate of us Rhode Islanders, of this and earlier generations. There being no competent Boswell apparent, no man has better excuse than he for writing an autobiography. If he will avail himself of the opportunities in this direction which we have given him, the sacrifice of Butler Hospital will have been fully justified.

Ours is the more modest task of chronicling the advances made by the hospital during Dr. Blumer's administration, most of them at his initiative and through his influence. Physically the improvement has been most marked. Weld House was offered to the hospital just before Dr. Blumer came and was designed and constructed according to his ideas and under his supervision. No additional dormitories have been erected, none are needed or perhaps ever will be needed, but every dormitory has been modernized. In all there are fireproof staircases leading from the rooms of the patients to out-of-doors, and in the oldest and plainest there are sanitary arrangements as complete in every way as those of the latest and most luxurious wards. A chronological statement of

the improvements which Dr. Blumer suggested and brought about is impressive.

In 1900 the first temporary workshop was installed in Ray Hall. In 1903 the Sawyer ward was renovated and remodeled throughout. In 1904 the entrance gates and new approach to the Hospital grounds were constructed. In 1905 a fourth story was added to the administration building. In 1910 a new building to contain the heating, power and industrial plants and the laundry, together with a tunnel connecting such building with the hospital proper was completed, effecting a complete separation of the patients' wards from the noisy and confused neighborhood of the mechanical buildings. In the same year the old laundry building was transformed into a modern dormitory for the male employees. In 1911 a new kitchen and employees' building was built, and in the same year the Potter Home for Nurses, probably the finest and most complete structure of its kind anywhere, was erected. In 1913 our surgical operating room and dispensary were installed. In 1914 the building formerly used as a stable and carriage house was made over into a complete and perfectly equipped gymnasium, and in the same year Ray Hall was altered, by removing the floor of the second story and placing the auditorium on the ground level, adapting the building much better to its original use as an assembly hall.

But why should we dwell now upon this record? Dr. Blumer did not pay for these buildings nor did he, in the sense in which the word is ordinarily used, solicit the funds for their construction. Merely because he has administered Butler Hospital in such manner that men and women, who wished to benefit their fellows in the best and surest way, turned to it as the object of their benefactions, convinced that

their money would be wisely used. May this conviction never be shaken.

But buildings and appliances are a small element of the administration of a hospital. Success in the accomplishment of the cure of disease depends upon methods of treatment, and still more, when the disease is mental, upon the personality of those who administer it. Dr. Blumer once wrote "The way out of the hospital is through the workshop," and this has been the keynote of his administration. His first act as superintendent was to establish a temporary workshop, and our present busy work plant is the brightest spot on our grounds. Butler Hospital has always been an advocate of the "open door," a term which implies the greatest possible freedom of the patients from restraint and discipline. Nevertheless, there were in use at Butler Hospital in 1899 appliances for restraining and cells for confining violent patients which most of the trustees have never seen, as they have long since vanished. These were generally approved as being necessary, but they were never used after Dr. Blumer came. Punishment has never since been inflicted. No trustee has seen at our Hospital during the past twenty years a patient who seemed to be afraid of a physician or an attendant.

Under Dr. Blumer the patients have been accorded the utmost freedom compatible with safety. The trustees in making their weekly inspection as a rule find but few patients in the wards. Most of them are in the workshop or the gymnasium, working, walking or sitting about the grounds, or even visiting the central parts of the city in their walks. This involves a much greater outlay for attendants. There are occasional escapes from custody and in one or two instances in the past twenty years the suicide of a patient, but notwithstanding these possible risks, it has been the deliberate policy of the superintendent

as promoting in a vast majority of cases not only the greater happiness of the patient but often his complete recovery, and it has had the full approval of the trustees.

Under Dr. Blumer's fostering care the training school for nurses has become a most important feature of the hospital service, and the co-operation of other hospitals secured by him has enabled us to furnish as well rounded an education as can be obtained anywhere, with distinctive features offered by few similar institutions.

One of the most important benefits conferred by our late superintendent upon the hospital cost no money and involved no effort, but it has been of marked effect here and elsewhere, in that it relieved our patients temporarily afflicted with mental illness, and most of them coming to us voluntarily for care and treatment, from the stigma implied by the dreadful word "insanity." This consisted of merely dropping from the name of the corporation the words "for the Insane." We are now known to be simply a hospital, for the sick in body as well as the sick in mind. This action, which we were among the first to take, has been widely copied and has accomplished immense good in wiping out old and injurious prejudices.

In every way Dr. Blumer's administration of the hospital has resulted in a maximum of usefulness to those to whom we minister and to the recognition of our hospital as one of the first in the land. We rejoice in the prospect that so long as he lives we may not be called upon to say to him "Good-bye."

The worth of our late superintendent and his eminence in his calling has recently been attested by institutions of learning and by the leaders of his profession to an extent which it must irk him to remember, and which it would offend his modesty for us to

attempt to enumerate, but nowhere has this prophet had greater honor than in his own country.

We are indeed fortunate in his successor. We have had no occasion to canvass the list of those fitted for the position. We sought no advice. We asked for no assurance of his ability to uphold the standard of the hospital save the record of what he had done in our own institution. To Dr. Arthur H. Ruggles we now entrust the care of Butler Hospital, in perfect confidence that under his leadership its standard will be fully maintained and its progress toward even loftier eminence assured.

That the members of the corporation may share this confidence and that future historians of the hospital may have the record of his early career, we state that Dr. Ruggles was born in Hanover, N. H., January 26, 1881, the son of Edward Rush and Charlotte (Blaisdell) Ruggles. He received the degree of Bachelor of Arts from Dartmouth College in 1902 and the degree of Master of Arts from the same institution in 1910. The degree of Doctor of Medicine was conferred upon him by the Harvard Medical School in 1906. He studied in the University of Munich in 1912 and 1913. He began the practice of his profession in Providence in 1906 and was an interne at Rhode Island Hospital in 1907-1909. He was elected Assistant Physician at Butler Hospital in 1909. He is a member of the Providence Medical Society, Rhode Island Medical Society, American Medical Association, American Psychiatric Association and the Boston Society of Neurology and Psychiatry. He was commissioned Major in the Medical Reserve Corps, United States Army in August, 1917. He organized the first Neuro-psychiatric unit for service in France. He was Psychiatrist to the 2nd Division, and Consultant in Neuro-Psychiatry to the Chief Surgeon, England, and later Medical Director,

**Base Hospital 214, A. E. F.** He was awarded the Croix de Guerre by the French Government, and following discharge from the army in March, 1919, returned to the staff of Butler Hospital. Since September, 1919, he has been Consultant in Neuro-Psychiatry to the United States Public Health Service. He was married to Miss Hazel M. Wheeler of Manchester, N. H., April 22, 1914.

We are fortunate in having secured the services of Dr. Arthur H. Wyatt as Assistant Physician.

The reports of the Superintendent and the Treasurer disclose conditions at the hospital and its operations during the past year. The number of patients varies but little from year to year and the daily routine changes hardly at all, but our physicians are alive to the advances made in the diagnosis and treatment of disease and our patients lack nothing which can contribute to their comfort and their cure. It has been a privilege to confer the services of the hospital upon a considerable number of ex-service men, who have responded gratifyingly to the treatment which they have received.

Financially, the year has again been a trying one, but somewhat less so than its immediate predecessor. The average cost of supplies, especially coal, has somewhat diminished and our wealthier patients and their friends have shown a gratifying willingness to submit to an increase in their rate of board, which, together with the renewed gifts of a member of the Board of Trustees, has released us from the threatened necessity of selling some of our invested securities, the income of which enables us to continue to care for patients who pay less than the cost of maintaining them. Without the more luxurious accommodations, sometimes regarded as extravagant and as inconsistent with our purpose of securing the greatest good to the greatest number but which are sought for

by the patients to whom price is not a consideration, we should have found it difficult, if not impossible, to offer, as we do offer, equally as good though less costly facilities to a large number of patients who pay little or nothing. The wisdom of the benefactors of the hospital, who have given us these noble buildings as the best means of advancing the philanthropic purposes of the hospital, have been amply justified in this time of stress.

Respectfully submitted,  
For the Trustees,

RATHBONE GARDNER,  
*Committee.*

## REPORT OF THE PHYSICIAN-IN-CHIEF AND SUPERINTENDENT

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*To the Trustees of Butler Hospital.*

GENTLEMEN: In accordance with the custom of your Board, I herewith submit the Annual Report. Naturally it is with considerable trepidation that I undertake the task of recording the year's activities, realizing that you have become accustomed to receiving that record from the facile pen of Dr. Blumer. And yet I am emboldened, from long and intimate association with him and from my knowledge of his aims and efforts for this hospital, to chronicle his last year of active service and to add certain hopes for the future that have been common aspirations.

There were in the Hospital on December 31, 1920, one hundred and fifty-one patients, seventy-six men and seventy-five women. There have been admitted one hundred and thirty-six patients, sixty-six men and seventy women. Of this number, seven patients (four men and three women) were readmitted within the year. The whole number under treatment during the year was two hundred and eighty-seven, one hundred and forty-two men and one hundred and forty-five women. The maximum number at any one time was one hundred and fifty-nine, the minimum was one hundred and forty-four, and the average weekly number was one hundred and fifty-one. The discharges numbered one hundred and forty-two, sixty-six men and seventy-six women, five of these (three men and two women) being discharged twice respectively during the year,

leaving in the Hospital at the end of the year, one hundred and forty-five patients, seventy-six men and sixty-nine women.

Of the admissions, sixty were residents of Providence, fifty-three of other parts of Rhode Island, nineteen of other New England States, (namely, fourteen from Massachusetts, two from Connecticut, two from Maine, and one from New Hampshire), and four of other States, (namely, three from New York and one from New Jersey).

Of the discharges, one patient was unchanged, thirty-two had recovered, sixty-six were improved, twenty-six were unimproved, and seventeen had died. The causes of death in these cases were respectively as follows:—Cerebral Hemorrhage, six; Myocarditis, four; General Paresis, three; Carcinoma of Colon, one; Cholecystitis, one; Endocarditis, one; Septicemia, one.

During the year four patients were admitted from other hospitals for nervous and mental disease, and sixteen of those discharged were transferred to similar institutions.

The average weekly admission rate was \$32.90. The average weekly receipt per patient, including allowance from Beneficiary Funds, was \$36.26; not including Beneficiary allowance, \$33.78. The average weekly cost was \$36.06. Of the patients admitted during the year, forty-two patients, or, 32.5%, received Beneficiary Aid, or State Aid, or both.

*Average  
Weekly  
Cost*

An increase in the State appropriation for the help of cases resident in the State, under treatment in this Hospital, has been a great blessing to many individuals who could not have maintained the minimum rate without such help. And a number of such patients, having gained care through the beneficence

of the State funds, have now been restored to their full economic efficiency in the community, and we wish to record our appreciation of this timely aid.

During the year past we have continued to make use of the accepted methods of treatment, endeavoring always to individualize as much as possible. In the treatment of nervous and mental diseases it is an almost fatal error to institute therapeutic measures exactly similar for all the patients belonging to a particular group of disorders of the nervous system. Therefore we have made an especial effort, after determining the general principles of treatment, to make our treatment that which is best fitted for the particular individual. One patient with a depression may receive great benefit from hydrotherapy, while another does not benefit at all by this procedure, but needs rather rest in bed and readjustment of the mental viewpoint. One patient with marked mental over-activity is rapidly brought back to normal through the sedative effects of prolonged warm baths, while another may not react well to this treatment but responds satisfactorily to sedative medication. This principle of studying intensively the therapeutic needs of each individual patient must continue to be one of the most important principles of treatment and needs continued development.

We have continued our intensive treatment of General Paresis and it is worthy of note that of the three cases reported having left the Hospital last year, one of them is still at work, one has returned on two occasions for a short period of treatment but is now living outside, and the third returned to the Hospital after remaining at home for about nine months and now shows mental deterioration. During the past year no cases have been sent out, but a

number are still under treatment in the Hospital and several are showing improvement.

The method of cistern puncture has been more frequently employed, not often as a point of entrance for treatment, which, during the past twelve months, has been in the majority of cases confined to intensive intravenous treatment, but for the estimation of pressure at this higher level; and in one case, which we shall publish at a later date, the combined method of lumbar and cistern puncture was used in washing from the cerebro-spinal canal fresh blood resulting from a recent hemorrhage, and this new procedure seemed to give some benefit and to offer a technique which, within certain limitations, may prove of benefit to cases suffering from certain intracranial lesions.

The department of Occupational Therapy has achieved much during the *Occupational Therapy* year. We have been fortunate in retaining the same personnel in this department and their achievements have been amply demonstrated in our annual Christmas sale, upon which occasion the articles made in our workshops were almost double the number of any previous year, and the display represented many new and useful activities of the workshop. Both the women's and the men's occupational departments supplied the Hospital with needed articles and a large proportion of our furniture repair work was efficiently done in the men's shop. The cost of our occupational department for the past year has been considerable. A separate account for this department has been maintained and it is hoped that some day the expense of this valuable form of treatment may be removed from the general expense of operation, and that the necessarily increased per capita cost may be lessened to the advantage of a few patients who are unable to benefit by this form of treatment by the provision of

a gift from some benefactor realizing the value of this work either through personal observation or through the benefits accruing to some one of their own who has been restored by this form of reconstructional activity—the income of such gift being used to meet a part or the whole of the operating expense of this department.

*Social Service Work*      In previous years, Dr. Blumer has often referred to the matter of social service, but for reasons well known to your Board the time has not seemed propitious for the inauguration of this most valuable service. During the past year, we have again been brought face to face many times with the absolute need of following our cases after they leave the Hospital. There have been several cases of unfortunate relapse after patients left the Hospital apparently well enough to face the responsibilities outside of hospital care. A superficial investigation into these cases seems to show that if home conditions had been studied and directed by a trained psychiatric worker, these recurrences might have been avoided. Also, we have seen a number of patients returned with slight disorders that quite obviously might have been cared for outside if a visitor to the home could have helped the family physician in extramural care. Another function to be filled by such a worker is that of obtaining additional facts of history from members of the family who do not visit the Hospital, and also from employers and business associates who can often give a more unprejudiced and oftentimes more accurate statement of facts than members of the family, whose point of view is too intimate and often biased—and one of the most necessary steps in the progress of our work is in learning the type of personality of the individuals who break down, and also to gain an accurate description of the factors entering into the

causation of this type of illness. With more accurate data as to some of the fundamental causes leading to nervous and mental disorders, our diagnosis may be made more scientific, our treatment more intelligent, and our prognosis more certain. And in this field of mental disease—even yet almost in its infancy—we must leave no stone unturned in obtaining exact information which shall make our chosen field of work more scientifically exact and lead to an earlier recognition and more intelligent treatment of our patients. This need should be filled by the addition of a trained psychiatric social worker to our staff during the present year.

Are we fully meeting our community obligations? During the past year a very determined effort was made to provide at all times beds for acute, curable cases of nervous and mental disease occurring in this State. Occasionally this has been impossible, as a result of numerous applications reaching us simultaneously and necessitating that some of the applications be placed on a waiting-list in order that we might secure available space through the transfer of chronic cases or the return to their homes of recovered cases, and it seems obvious that the effort to always provide accommodations for the recent cases of curable forms of illness should always be aimed at. This, of course, can only be accomplished by the careful selection of cases and an active monthly turnover, allowing recovered cases to leave the Hospital on parole as early as possible, and taking necessary steps toward freeing the Hospital as often as the need is imperative of patients whom we cannot hope to restore to the community even with prolonged treatment and who if they remained would prevent the admission during the year of a number of acute cases that could be promptly sent back to work if afforded the treatment they needed.

It seems to me that there is another community service, the institution of which we should consider at once and which might be made possible after the services of a social worker were secured. This is a piece of mental hygiene work which a hospital with the physical equipment and medical staff of Butler Hospital can hardly deny to a long-felt need in this community. There are many individuals in our State sorely in need of help in adjusting their minds to the competitions of life that so often beset them. These individuals are in the home, in the factory, in the educational institutions and in all departments of activity where human endeavor is pursuing its struggle. Many of these individuals carry on their battle with conditions until they break down and care is demanded for them. Some seek the advice of friends, family physician, social organizations or the charlatan, only to find them unprepared to give the special service which the sufferer needs. Others are able to go to the specialist in nervous and mental diseases for treatment but unfortunately cannot continue the necessary visits on account of financial handicap. If our doors were opened to these sufferers, even one afternoon a week, so that they might be sent for advice, would we not be rendering a very great service to these individuals, their families and their associates, and be undertaking a valuable work in preventive medicine? Can we long deny this helping hand to the many individuals in our community who are going on to mental shipwreck for the lack of the stitch in time?

*The Training School* There are in the Training School, women's department, thirty-nine nurses; twenty-three of these are student nurses, two are affiliated nurses, eight graduate head nurses, and the balance includes superintendent of the Training

School, two assistants, an instructor of nursing, a nurse instructor of Occupations and a night supervisor. In the men's department there are twenty-seven nurses, distributed as follows:—eighteen student nurses, four graduate head nurses, a supervisor with two assistants, a nurse instructor of Occupations, and a night supervisor.

Five of our women students are receiving training in general nursing at Rhode Island Hospital; one is at the Providence Lying-In, and another is with the Providence District Nursing Association.

In addition to the above affiliations, we hope in February to add another, with the Providence City Hospital, thus enabling our students to receive a three months' intensive course in communicable disease nursing.

Five of our men students are at the Boston City Hospital.

During the past year two graduates from other schools have availed themselves of our four months' postgraduate course. We have also received seventeen affiliated students. Of this number four were students from Memorial Hospital, Pawtucket; four from Rhode Island Hospital, and nine from Homeopathic Hospital.

Thirteen nurses, including twelve women and one man, have been graduated from the School. Twenty-seven probationers, including eleven women and sixteen men, have been accepted.

Graduation exercises were held in Ray Hall on the evening of May 27th. Miss Lucy A. Marshall, class of 1899, Butler Hospital, now Superintendent of Nurses, University Hospital, Baltimore, addressed the graduates. Miss Marshall spoke on the value to the nurse of training in the care of mental diseases.

On June 30th Miss Margaret S. Belyea, after a year of energetic and efficient administration, resigned her

position as Superintendent of the Training School. Miss Belyea left to assume an executive position with the nursing staff in the Psychopathic Hospital of the State University of Iowa. Our best wishes follow her in her new endeavors.

In August Miss Anna K. McGibbon, class of 1919, Butler Hospital, was appointed Superintendent of Nurses. Miss McGibbon served as office nurse and relief instructor at Butler Hospital following graduation; from October, 1920, to January, 1921, head nurse at Phipps Psychiatric Clinic, Johns Hopkins Hospital; January to June, 1921, student in the Department of Nursing and Health, Teachers' College, Columbia University. Her wise and conscientious service has already meant much to our Training School.

Prior to Miss Belyea's departure Miss Mary Melville resigned her position as Instructor of Nursing. Miss Melville is a woman of wide experience and a most capable teacher. As her successor, we were indeed fortunate in securing the services of Miss Marion Kemp. Miss Kemp is a graduate of Bates College, 1911, and of Maine General Hospital Training School, 1914. She is by no means a stranger to us, having served as head nurse on different wards at Butler Hospital for fourteen months.

The appointment of Mrs. Stahl as house mother in the Nurses' Home has filled the long-felt need of a responsible person who could assume the direction of affairs in this department.

During the past two years, in common with conditions generally prevailing in other hospitals, we have been handicapped by a great shortage in the numbers of our student body. To supplement this shortage we were obliged to secure the services of attendants. This adjustment proved, on the whole, to be unsatisfactory and has been abandoned. Extra ward maids

are now being employed, thus relieving the students of an undue amount of routine housework.

We have also been brought to a temporary cessation of our efforts to adopt the eight-hour duty system. However, should the coming year be attended with as marked an increase in the number of our applicants as has prevailed during the past three months, we shall be able to gradually arrange the time of our nurses on an eight-hour basis.

We have, during the past year, continued to care for a number of ex-service men, the maximum number under treatment at any one time being thirteen, and the minimum number nine. There are in the Hospital under treatment at the end of the year eleven.

No adequate provision has yet been made by the Government for the type of case we have now in the Hospital and so it seems only proper that we should care for these men disabled in the service of their country for a longer period and that, although a few of these men are suffering from chronic disorders of the nervous system, we should not ask for their transfer until such time as we may be actually forced to do so in order to care for acute and curable cases among ex-soldiers resident in our own State, and that the financial sacrifice entailed by the continued care of these men should be Butler Hospital's contribution toward the rehabilitation of men who served their country to their utmost. Five of these patients have been discharged through the year, and although only one of them can be considered to be fully restored to health, all of the others have benefited by treatment and have been able to return to the community with a greater degree of efficiency and adjustability to conditions outside of hospital care.

*Ex-Service  
Men*

Acknowledgment is due the American Legion, the Disabled American Veterans of the World War, the Knights of Columbus, and the American Red Cross for their frequent visits to the soldiers and for providing them with many necessities and luxuries which have added much to their contentment.

During the year the financial condition of the Hospital has improved materially. The statement shows a gain of \$4,879.80. This was brought about not only by decreased cost of operation, but also by an increased income. The total cost of operating the Hospital in 1920 was \$287,073.60. In 1921 this cost was \$283,080.57, a decrease of \$3,993.03. The total income for 1920 was \$266,646.88; and for 1921 \$287,960.37, an increase of \$21,313.49. The amount charged for Board and Treatment increased \$21,205.27, from \$263,527.97 in 1920 to \$284,733.24 in 1921.

The items of Provisions and Farm show marked decreases, owing to the lower cost of foodstuffs and grain. Wages shows an increase of over \$12,000.00, caused by an increase of personnel in the nursing services and women employees, both of which during 1920 were much depleted in number, and also owing to the fact that it has been necessary to keep in the women's service a large number of graduate nurses, on account of the limited number of new nurses entering the Training School. Fuel shows a decrease of over \$21,000.00. This is not a fair comparison, however, as 500 tons of coal burned in 1921 were purchased in 1920. Allowing for this and the bill for fuel would have been \$4,000.00 more, making the difference \$17,000.00. The purchase of a new automobile is responsible for the higher cost of maintaining the garage.

Under the item of Repairs and Improvements much has been done, although not of an extensive nature. *Repairs and Renewals* have been made in the steam, water and plumbing systems. The roofs and gutters have been repaired. The Lower South, Lower West, Upper and Lower North wards on the men's service have been entirely refinished, as well as a number of separate rooms. The Duncan piazza has been rebuilt. Ceilings have been renewed in eight rooms in the Nurses' Home.

An incinerator for disposing of waste paper has been constructed.

Under the Duncan Improvement Fund the shade trees have been sprayed and trimmed. A part of the brickwork of the entrance gates was taken down and relaid, and the walls protected by lead flashings to exclude water and prevent as far as possible further disintegration. In the Grotto a path leading to the spring has been built, with a rustic bridge and railings. This latter work was done almost entirely through the efforts of the men's occupational class, and this outdoor work not only served a useful and ornamental purpose on our grounds, but also contributed materially to the physical upbuilding of a number of patients.

I would like to mention two desirable additions to our equipment. The idea of increasing our electrical plant so that we could generate current to light the hospital buildings is not new; it has been considered for many years. The people who live in the Hospital realize the discomfort and danger of being without light at night. The Hospital buildings have few gas burners; the newer buildings, including the kitchen and shops, have no gas burners for lighting, so that when the electric current fails they are in total darkness. At such times recourse is had to lighting with lanterns, but more largely with candles—a dan-

gerous proceeding, particularly in the wards. We face the situation of being without light several times each year. During the ice storm of November 29th the feed wires were broken near the garage and the live wires carrying 2200 volts were thrown across the road. It was several hours before the repair was made, when another break again cut off the lights.

The capacity of the boilers is sufficient to operate an additional unit, the exhaust steam can be used, there is sufficient space in the engine room to accommodate another machine. The two generators now in use would carry the lighting load but would give no reserve. In order to furnish lighting current it would be necessary to install a 75 K. W. generator and make the necessary connection with the different points of distribution throughout the Hospital. The cost would be about \$10,000.00. The installation would then consist of one 75 K. W. and two 35 K. W. generators; the large machine, or the two small ones, would furnish at any time sufficient current for our needs.

As more room is needed for the Men's Industrial shop, relief may be obtained by taking that part of the shop building now reserved to house fire apparatus. In order to provide suitable space for fire apparatus, a small building could be erected between the engine room and Ray Hall. In connection with this it would be desirable to provide a room where the men who bring their dinner could eat comfortably and decently. These men now eat where they work, on a bench, in a cellar or the potting room of the greenhouse.

*Gifts*                   Mr. Stephen O. Metcalf, who has long directed the interests of this Hospital as a member of the Board of Trustees and ever been a sustaining friend in time of need, has again safeguarded our necessary working funds by a gift of \$5000.00.

Mrs. DeLancey Kane has once more proved an appreciative friend of our work for the sick in a recent gift of \$500.00, which is to be applied toward the maintenance of the Kane Gymnasium; and in an earlier gift of \$500.00, to apply against the deficit of 1920.

We are indebted to The University Glee Club of Providence, the Players, the Sock and Buskin Society, the Musical Clubs and Orchestra from Brown University, for concerts and entertainments given by them during the year.

The Rev. Ralph Bray of Riverside, R. I., has proved a very acceptable substitute for the Rev. Frank Appleton, who has been unable to undertake the duties of chaplain for this year. Mr. Bray was for some time associated with the Emmanuel Church Movement in Boston, and has in a number of other communities where he has held pastorates become keenly interested in and intimately associated with the problems of those suffering from nervous and mental disorders; and this experience, combined with a most fortunate personality, has served to make our Sunday services much appreciated by our resident population. For the first time in five years we have been able, on account of a larger complement of nurses, to hold these services every Sunday, beginning with the last week in November.

Dr. M. Luise Diez has continued to render valuable service in charge of the women's department. Dr. Arthur T. Wyatt, a graduate of Jefferson Medical College in 1919, with resident service at the Providence City Hospital and Macon Hospital of Macon, Georgia, began his service in April and has already rendered a good account of himself. Dr. George K.

Butterfield was appointed First Assistant Physician by your Board at the quarterly meeting in October and began his service on January 1st, 1922. Dr. Butterfield comes to us after a varied and valuable service in several of the Massachusetts State Hospitals and has the warmest endorsement of all his associates in the psychiatric world. Dr. Hall has continued his teaching in connection with the Training School and on his frequent visits to the Hospital always helps us with advice and suggestion gained by his long and valued association with this Hospital, and I want to take this opportunity to pay my personal tribute to Dr. Hall for all his lessons in loyalty, tact, and devotion to the individual care of patients. Dr. Sawyer has been in charge of the laboratory work for the year, but the many demands made upon his professional skill outside this Hospital have made it impossible for him to attempt more than the most necessary routine work.

The Consulting Staff have been called upon frequently and are always ready to give of their time and skill without stint.

*The Staff* During the past year Mr. Kemp and his able assistants have, with the aid of an adequate number of nurses, brought the care of the male patients up to a very high standard; and the nurses of this department are all acquitted themselves creditably in the classwork of the Training School.

To Mr. Goss, who has often been referred to as the composite picture of stewardly virtues by superintendents seeking to fill similar positions, I shall turn frequently for help in that branch of hospital administration with which he is so familiar and which to the medically trained man presents many intricate mazes. Miss Miller as Matron has developed her department during the year and has been untiring in

her personal oversight of the work. There are many other devoted workers whom I have learned to value for their loyalty to this institution, and I look forward to their continued coöperation and to a closer interest in their special undertakings.

In looking into the future one is naturally concerned with both the immediate needs and the more remote ones. Let us for the present only visualize the more remote plans for development and deal now with the more immediate problems.

*The Future*

For the past five years we have had to curtail our activities in every possible way, both as a matter of economy and at times on account of the labor situation. It has been only as a result of the strictest economy in every department that we have at last been able to complete the year without a large deficit. There are many repairs needed, a good deal of new furniture and equipment, and these things must be gradually accomplished unless we are to again seriously embarrass our working funds.

Butler Hospital is fortunate in having a well-equipped physical plant. As has been mentioned, there are certain immediate needs in the way of current repairs and furnishings, and there are others of somewhat greater magnitude which have been referred to. There is, however, a need of development of the means with which to broaden our psychiatric viewpoint. In medicine and the problems related to it, we have been through various periods, in each of which there was some predominant note; for example, in the early days, mental diseases were supposedly connected with demoniacal possession, later with mysticism. From that we have evolved, through the ages of blood disorders, toxemias, and vague hereditary factors, up to the present time, when much of our attention is directed on the one hand to the en-

docrine glands and the vegetative nervous system; on the other, to conflicts, repressions, regressions, and unsuccessful sublimations.

Is it not necessary at all times to aim at an all-round viewpoint? This, it seems to me, we should ever keep in mind. Although psychiatry belongs to the younger generation of the medical hierarchy, much progress has been made regarding etiology, scientific diagnosis, rational treatment, and prognosis. There are cases, clear-cut, the etiology definite, the diagnosis thoroughly agreed upon, the treatment obvious, and the outcome fairly well established; but in many cases we have need of more thorough investigation, which can only be carried out with a full complement of special investigators, some of which we already have and others of whom there is future need. First, we must obtain an adequate painstaking history of our case, keeping clearly in mind that mental disorders—no matter what name we may give the psychosis or psychoneurosis—are really the individual's psycho-biological reaction to difficulties encountered. And it is only by a clear understanding of the mental and physical endowment of the individual, of his reaction to life in general, and especially from a knowledge of the particular difficulty which he has encountered—be it tumor of the brain or social mal-adjustment—that we shall be in a position to understand the individual's reaction to the situation and to institute intelligent measures toward the restoration of that patient to normal health. We have been far too apt in the past to give the condition a name, without a clear understanding both of the patient and of the difficulty confronting him. With this newer conception clearly in our mind, we can continue our investigations. In many cases we must make a psychometric estimation of intelligence. We must be prepared to deal with the disordered psycho-

logical activities; we must conduct a careful physical examination, calling to our aid all the accepted procedures as to body metabolism and its variations.

Some of these steps of investigation are already being thoroughly carried out; for others, we have not the personnel or adequate laboratory equipment. Pure research is undoubtedly the function of an institution especially endowed for that purpose, and until such endowment is provided, it would be unwise to consider the establishment of a department purely for research. But there are at the present time problems which bear directly upon the diagnosis and treatment of cases already under our care, and there are many special problems which need investigation in order to throw light upon obscure phases of mental disorder. Among these problems is the value of treatment in General Paresis, a question which we have been earnestly studying for a number of years and for the answer to which we have made a considerable financial outlay. This problem is as yet unsolved, but we shall continue to carry on our work with an optimistic and yet with a scientifically critical viewpoint. Another study which has been brought to our attention by the work of the late Dr. August Hoch is that of stupors, a condition which we see in a variety of mental states but one which had received only spasmodic study until made the subject of special investigation by Dr. Hoch, and set forth in a book published under the editorship of Dr. MacCurdy. Also, such an important question as the causation of hallucinations is an almost unexplored field. We speak glibly of dementia, yet have an inadequate conception of it, especially in the differentiation of emotional and intellectual dementia.

These and many other problems of the mental disorders which in the busy routine of this Hospital it is impossible to comprehensively consider should be made the

work of a member of the staff who could correlate these studies with the treatment and for the benefit of the individual patients. It is not the thought of your Superintendent to inaugurate workers in these various fields, but to bring up for your consideration the need of a gradual increase in the staff which would provide a necessary personnel for continuing the routine work on the present high plane, adding new objectives and providing special study of important problems. Indeed, if it were your wish to undertake even a small part of the work as outlined, it would probably be an impossibility to obtain the personnel for carrying on such investigations, as there is a scarcity of medical men with adequate training to carry on certain phases of this work; but we should keep definitely in mind the fact that the study of nervous and mental diseases is developing year by year and that our armamentarium must be increased if we would not be left behind in the onward march of our chosen work.

The report of the work for the past *In Conclusion* year is the report of the Hospital under Dr. Blumer's guidance and that record is one which indicates more eloquently than any tribute that I could give, Dr. Blumer's unfailing efforts for those under his care—his able management of this institution, his progressive methods and ability to meet the reconstruction problems with which we have been faced in the general upheaval of the world, as well as the many and intricate questions that have confronted the Hospital.

My inspiration in carrying on the work allotted to me lies in the unfailing support which your Board has given to Butler Hospital, in the unmeasured future which lies before us in the treatment of nervous and mental diseases, in the continued coöperation of the medical staff and the many loyal and efficient

heads of departments, and especially in the lessons gained by the past years of association with my illustrious predecessor and the influence imparted by him—by his humanities, scientific attainment and high ideals.

Respectfully submitted,

ARTHUR H. RUGGLES,

*Physician-in-chief and Superintendent.*

# ABSTRACT FROM THE REPORT OF THE TREASURER

## RECEIPTS AND EXPENDITURES, 1921

### STEWARD'S DEPARTMENT

#### INCOME

Board, Private . . . .	\$265,266.81
Board, Beneficiary . . . .	19,466.43
Permanent Fund . . . .	1,864.86
Interest . . . .	142.74
Clothing . . . .	719.53
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Total Income	\$287,460.37

#### EXPENSES

Salaries . . . .	\$27,894.20
Wages . . . .	107,872.63
Provisions . . . .	59,156.21
Drugs and Medicines. . . .	2,762.08
Furniture . . . .	6,496.08
Repairs and Improvements	10,647.06
Farm and Stable . . . .	4,868.38
Contingencies . . . .	7,257.51
Fuel . . . .	33,093.76
Water . . . .	1,794.11
Gas. . . .	1,659.20
Electricity . . . .	3,117.93
Insurance . . . .	294.25
Garage . . . .	7,198.95
Industrial . . . .	4,260.90
Premiums on Add. Ins.	4,706.98
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Total Expenses	\$283,080.57

## **CLASS OF NURSES GRADUATED IN 1921**

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**Lydia Lillian Adam  
Mary Veronica Baker  
Helen Gertrude Daly  
Mary Agnes Dunn  
Florence Irene Gross  
Maude Elsie Harris  
Anna Catherine LaCourse  
Leona Marguerite MacDonald  
Agatha O. Margeson  
Dorothy E. Messinger  
Josie Rehumah Slusser  
Louise Isabel Smith**

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**Frank Elmer Warren Read**

**NEW MEMBERS OF THE CORPORATION ELECTED  
AT THE ANNUAL MEETING HELD ON  
WEDNESDAY, JANUARY 25th, 1922**

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Donald S. Babcock                    Fletcher S. Mason  
F. Nolton Bigelow, M. D.        Lawrence Richmond  
Mrs. Rathbone Gardner              Arthur H. Ruggles, M. D.  
    Rev. Philemon F. Sturges

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**MEMBERS OF THE CORPORATION WHO HAVE DIED  
SINCE THE LAST ANNUAL MEETING OF THE  
CORPORATION HELD ON WEDNESDAY,  
JANUARY 26th, 1921**

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Wm. O. Blanding                    Patrick J. McCarthy  
Walter Callender                  Rev. J. Hall McIwaine  
James H. Chace                    James Richardson  
Charles H. George                George Peabody Wetmore  
Mary Edith Goddard               Walter R. Wightman  
Rt. Rev. Mathew Harkins           Charles E. Woodbury, M. D.  
Benjamin Aborn Jackson           Rev. Leverett S. Woodworth

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